



## Recommendations for Preventive Pediatric Health Care

Northwest Primary Care recommends that you bring your child in for regular visits to assist in keeping your child healthy. Well-child visits allow your child’s Primary Care Provider (PCP) to monitor your child’s growth and development, give any vaccines that are due, and provide a chance to find and treat any concerns early. Well-child appointments are also a good time for you to ask any questions that you have about your child’s health and also give the PCP time to discuss age appropriate behavioral issues, including behaviors at the adolescent age.

### Visit and Immunization chart

This chart lists important vaccines and tests as well as recommended well-child visits. In addition to these vaccinations, we recommend all children aged 6 months and older get a flu vaccine every fall.

AGE	Recommended office visits	Pediatric routine visit schedule
Birth	Well-child visit	Newborn blood screen Immunizations may be due
3-5 days	Well-child visit	
7-14 days	Well-child visit	2 <sup>nd</sup> PKU will be due (please bring in baby’s paperwork)
1 month	Well-child visit	Height, weight and head circumference check for proper growth
2 months	Well-child visit	Height, weight and head circumference check for proper growth Immunizations may be due
4 months	Well-child visit	Height, weight and head circumference check for proper growth Immunizations may be due
6 months	Well-child visit	Height, weight and head circumference check for proper growth Immunizations may be due
9 months	Well-child visit	Height, weight and head circumference check for proper growth Developmental screening
12 months	Well-child visit	Height, weight and head circumference check for proper growth Immunizations may be due Developmental screening and blood draw
15-18 months	Well-child visit	Height, weight and head circumference check for proper growth Immunizations may be due Developmental and Autism screening
2 years	Well-child visit	Height, weight and head circumference check for proper growth Immunizations may be due Autism screening, blood draw and BMI check
3 years	Well-child visit	Height and weight check for proper growth BMI, blood pressure and vision check
4 years	Well-child visit	Height and weight check for proper growth Immunizations may be due BMI, blood pressure, vision and hearing check
5 years	Well-child visit	Height and weight check for proper growth BMI, blood pressure, vision and hearing check
6, 8 and 10 years	Well-child visit	Height and weight check for proper growth BMI, blood pressure and vision check
11 years	Well-child visit	Height and weight check for proper growth Immunizations may be due BMI, blood pressure and vision check
12 years	Well-child visit	Height and weight check for proper growth BMI, blood pressure and vision check
13 years	Well-child visit	Height and weight check for proper growth Immunizations may be due BMI, blood pressure and vision check
14 and 15 years	Well-child visit	Height and weight check for proper growth BMI, blood pressure and vision check
16 years	Well-child visit	Height and weight check for proper growth BMI, blood pressure and vision check
17 years	Well-child visit	Height and weight check for proper growth BMI, blood pressure and vision check



## 4 YEAR PEDIATRIC DEVELOPMENTAL SCREENING

Date: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Male Female

Physician Signature: \_\_\_\_\_

Instructions: Please answer the questions below about your child by choosing YES or NO.  
These questions help us to assess the health, development, and safety of your child.

<b>General Health</b>		
Do you have any concerns about your child's health?	NO	YES
Any problems with previous immunizations?	NO	YES
<b>Feeding/ Nutrition</b>		
Does your child have fruits or vegetables at every meal?	YES	NO
Are you giving your child mostly whole grains?	YES	NO
Is your child drinking milk?	YES	NO
How much milk per day?		
What type of milk?		
Does your family eat junk foods (chips, cookies, crackers,candy) or fast foods daily?	NO	YES
Is your child taking any vitamins or supplements?	YES	NO
Does your child drink juice or other sweetened drinks?	NO	YES
<b>Lipids</b>		
Have any parents or grandparents experienced a stroke or heart attack before age 55?	NO	YES
Do either parent have high cholesterol or are on cholesterol medication?	NO	YES
<b>Oral Health</b>		
Are cavities a problem for you or anyone in your family?	NO	YES
Are you using a soft toothbrush or cloth to clean child's teeth two times a day?	YES	NO
Does your water contain fluoride or is your child on a fluoride supplement?	YES	NO
Does your child see a dentist twice per year?	YES	NO
<b>Elimination</b>		
Does your child have a daily soft bowel movement (poop)?	YES	NO
<b>School</b>		
Is your child in preschool?	YES	NO
Do you have any concerns about learning or school behavior?	NO	YES
<b>Activity/Exercise/Screen time</b>		
Does your child watch more than 2 hours of screen time per day(TV, computer, video games)?	NO	YES
Is there a TV or video game system in your child's bedroom?	NO	YES
Does your child play actively at least one hour per day?	YES	NO
Do you read to your child every day?	YES	NO
Do you encourage family activities such as walking, bicycling, swimming, or dancing?	YES	NO
Do you do educational activities as a family, such as go to museums, zoos, or libraries?	YES	NO
Do you eat meals together as a family?	YES	NO
Do you spend time alone with each of your children?	YES	NO
Do you spend time alone with your partner?	YES	NO
<b>Sleep</b>		
Do you have concerns about your child's sleep?	NO	YES
Does your child snore more than a little?	NO	YES

## 4 YEAR PEDIATRIC DEVELOPMENTAL SCREENING

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

<b>Social Stressors</b>		
Are you able to take a little time for yourself?	YES	NO
Have you had any major changes or stresses in your family recently?	NO	YES
Do you ever worry your family will go hungry?	NO	YES
Do you have daycare concerns?	NO	YES
Does your partner ever hurt you or your children?	NO	YES
<b>Behavior</b>		
Do you have questions about discipline?	NO	YES
Do you praise your child when they are behaving well?	YES	NO
Do you give your child choices?	YES	NO
<b>Development</b>		
Does your child talk well using long meaningful sentences?	YES	NO
Does your child tell simple stories and nursery rhymes?	YES	NO
Do others fully understand your child's speech?	YES	NO
Does your child know their full name, telephone number, and 911?	YES	NO
Does your child create imaginary stories, fantasies, situations?	YES	NO
Can your child skip or hop on one foot 4-5 times?	YES	NO
Does your child know four or more colors?	YES	NO
Can your child count to ten?	YES	NO
Can they stack eight or more blocks?	YES	NO
Can they draw a person with a head, body, arms, and legs?	YES	NO
Can they copy a cross?	YES	NO
Can they dress themselves without supervision?	YES	NO
<b>Safety</b>		
Do you talk with your child about stranger safety?	YES	NO
Does your child know that private parts are private?	YES	NO
Does your child wear a helmet when biking, skating, skiing, or snowboarding?	YES	NO
Is your child exposed to anyone who smokes?	NO	YES
Is there a gun in the home?	NO	YES
If yes, is it locked or in a safe place?	YES	NO
Does your child ride in a safety seat, in the back seat?	YES	NO
Do you use sunscreen on your child for prolonged sun exposure?	YES	NO
Do you ever leave your child alone in the car, house, or yard?	NO	YES
Does your home have working smoke detectors and carbon monoxide detectors?	YES	NO
Do you have a home fire escape?	YES	NO
<b>Tuberculosis</b>		
Has a family member or contact had tuberculosis disease?	NO	YES
Has a family member had a positive TB skin test (PPD)?	NO	YES
Was your child born in a high-risk country (countries other than the U.S., Canada, Australia, or Western Europe)?	NO	YES
Has your child traveled to a high-risk country for more than a week?	NO	YES
<b>Review of Systems</b>		
Do you have any concerns about vision?	NO	YES
Do you have any concerns about hearing?	NO	YES
Do you have any concerns about allergies?	NO	YES